

**LABEL W/ DATE PLACED HERE**

### Edinburgh Postnatal Depression Scale

Please **CIRCLE** the answer which comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today. Here is an example, already completed:

I have felt happy.

- a) Yes all of the time.
- b) Yes, most of the time.
- c) No, not very often.
- d) No, not at all.

This would mean: "I have felt happy most of the time" during the past week. Please complete the other questions in the same way.

#### **IN THE PAST SEVEN (7) DAYS:**

1. I have been able to laugh and see the funny side of things:

- a) As much as I ever did.
- b) Not quite so much now.
- c) Definitely not so much now.
- d) Not at all.

2. I have looked forward with enjoyment to things:

- a) As much as I ever did.
- b) Rather less than I used to.
- c) Definitely less than I used to.
- d) Hardly at all.

3. I have blamed myself unnecessarily when things went wrong:

- a) No, never.
- b) Not very often.
- c) Yes, some of the time.
- d) Yes, most of the time.

4. I have felt worried and anxious without a very good reason:

- a) No, not at all.
- b) Hardly ever.
- c) Yes, sometimes.
- d) Yes, most of the time.

5. I have felt scared or panicky without a very good reason:

- a) No, not at all.
- b) No, not much.
- c) Yes, sometimes.
- d) Yes, quite a lot.

6. I have been feeling overwhelmed:

- a) No, I have been coping as well as ever.
- b) No, usually I cope quite well.
- c) Yes, sometimes I haven't been coping as well as usual.
- d) Yes, most of the time I haven't been able to cope at all.

7. I have had difficulty sleeping even when the baby is asleep:

- a) No, not at all.
- b) Not very often.
- c) Yes, sometimes.
- d) Yes, most of the time.

8. I have felt sad and miserable:

- a) No, not at all.
- b) Not very often.
- c) Yes, quite often.
- d) Yes, most of the time.

9. I have been so unhappy that I have been crying or fighting to keep from crying:

- a) No, never.
- b) Only occasionally.
- c) Yes, quite often.
- d) Yes, most of the time.

10. The thought of harming myself or my baby has occurred to me:

- a) Never.
- b) Hardly ever.
- c) Sometimes.
- d) Yes, quite often.